



## **Food Sources: Selenium**

**Selenium** is a trace mineral that the body needs in small amounts for overall health. It's naturally present in many foods including seafood, meats, dairy, enriched grains, and certain plant foods. The selenium content of plants can vary widely since it depends on how much of the mineral is present in the soil where they are grown.

### **Recommended Daily Selenium Intake (DRI):**

- Adults (19+): 55 mcg
- Pregnancy: 60 mcg
- Lactation: 70 mcg

### **Average Selenium Content in Foods:**

- Brazil nuts, 1 oz: 544 mcg
- Pork, 3 oz: 265 mcg
- Lamb, 3 oz: 186 mcg
- Tuna (yellowfin), 3 oz: 92 mcg
- Oysters (Pacific), 3 oz: 66 mcg
- Clams, 3 oz: 54 mcg
- Sardines, canned (3.75 oz): 49 mcg
- Halibut, 3 oz: 47 mcg
- Shrimp, 3 oz: 42 mcg
- Salmon, wild, 3 oz: 31 mcg
- Cod (Atlantic fillet), 3 oz: 28 mcg
- Beef chuck roast, 3 oz: 23 mcg
- Sunflower seed butter, 1 Tbsp: 17 mcg
- Egg, whole, 1 large: 15 mcg